

takes longer to heal

113

by immediately complain to

Allah about myself,

turn back to Allah, go out

have my (mixed) gagwolah -

at times, thank Allah for

His mercy and protection

from possible oncoming

harm, make abundant

istighfar (and seekness

of forgiveness), and make

abundance of salaah/salawat

and salam on the prophet (sallallahu

and for me to rest and

chill out and sleep, and

rest my mind, face (tu)

and to rest my whole

existence.